

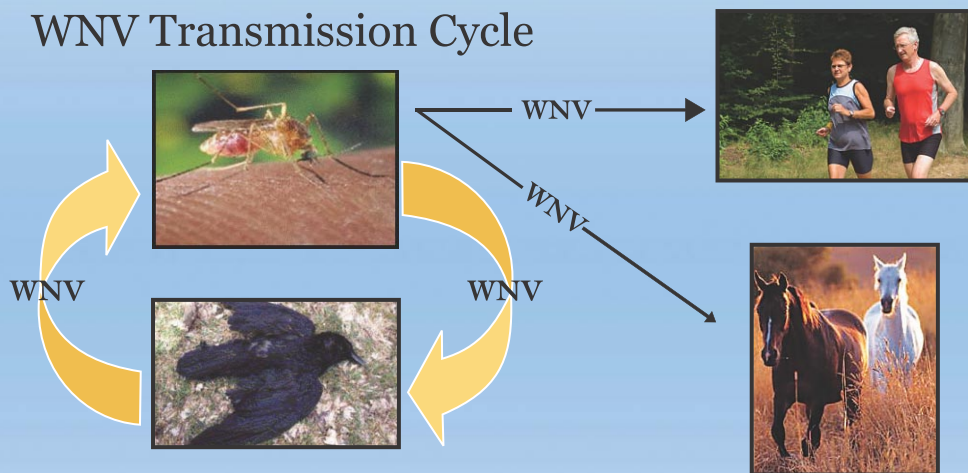
What is West Nile Virus and where does it come from?

West Nile Virus (WNV) is a disease spread by mosquitoes. The virus is commonly found in Asia, Africa and the Middle East.

How is West Nile Virus spread?

The virus is spread through the bite of infected mosquitoes. Mosquitoes are infected with the virus after biting an infected bird. Infected mosquitoes may then bite people, and can give them the virus. People infected with West Nile Virus are not contagious, and cannot spread the virus to other people.

WNV Transmission Cycle



Who is at risk of getting West Nile Virus?

If you are bitten by an infected mosquito, your risk of getting sick is very low. Most people who are infected with West Nile Virus have no symptoms. Those who do get sick may have a mild fever, rash, body aches and headaches. A small percentage of those infected will develop serious illnesses such as encephalitis (swelling of the brain) or meningitis (swelling of the brain and spinal cord).

People over 50 years of age, and those with compromised immune systems, are at a **higher** risk of developing serious illnesses. If you have been bitten by a mosquito and experience these symptoms, contact your doctor.

With your help the County of San Diego Vector Control Program can monitor and minimize mosquitoes and the diseases they spread. **PROTECT, PREVENT, and REPORT** to keep yourself and your neighbors safe from West Nile virus.



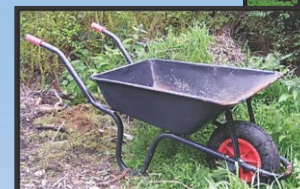
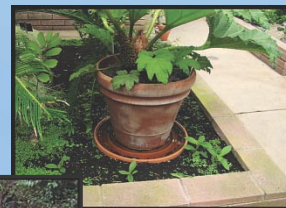
Protect: How do I protect myself from West Nile Virus?

- When outdoors, especially at dawn and dusk, wear pants and long-sleeved, light-colored shirts. This allows you to see mosquitoes before they bite you.
- Use insect repellents containing either DEET, Picaridin, Oil of Lemon Eucalyptus, or IR 3535 to repel mosquitoes. Carefully follow product label instructions.
- Make sure door and window screens fit tightly and have no holes.



Prevent: How do I get rid of mosquitoes in my neighborhood?

- Mosquitoes need water to lay their eggs. Remove standing water sources from your property such as:
 - Plant saucers
 - Decorative ponds
 - Old tires
 - Birdbaths
 - Clogged rain gutters
 - Play Equipment
- Stock backyard ponds or unused swimming pools with mosquito fish. These small fish are provided free of charge through the Vector Control Program. Call (888) 551-INFO or visit our website for fish distribution locations.



Report the following to Vector Control by calling (888) 551-INFO (4636):

- Dead Birds
- Neglected Green Swimming Pools
- Mosquito Breeding





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For More Information:

- To learn more about West Nile virus log onto **www.SDFightTheBite.com**
- Call the County of San Diego, Vector Control Program **1-888-551-INFO (4636)** to report:
 - Dead birds
 - Mosquito breeding areas
 - Neglected Green Swimming Pools



West Nile Virus

Fight the Bite



*Protect
& Prevent
Report*